C-3 Feeding Your 2 Year Old

Feeding your two year old can be tough. Here are some ideas that may help.

Meal Times
Two year olds do not eat a lot, so just give a little bit of food at each meal. You can always give more food if your child wants it.

- Don’t get into fights about food.
- You shouldn’t force your child to eat.
- Don’t bribe or reward with junk food.
- Eat the same foods with your child at mealtimes.
- Turn off the TV and talk.

Sometimes your child may be too busy to stop and eat. Have a quiet time before meals. How about coloring on paper and then washing hands before meals?

Snacks
Snacks should be like little meals for your two-year-old.

- cheese and crackers
- yogurt and fruit
- cereal and milk
- half a sandwich

A snack with protein keeps him full longer. Protein foods are foods like:

- milk
- cheese
- yogurt
- meat
- chicken
- dried beans
- peanut butter
- egg

Helpful Hints

- Give praise that makes your child feel good about eating.
- Start teaching healthy habits like eating a variety of fresh fruits and vegetables.
- Avoid sweets and sweetened drinks.
- Brush teeth, or at least rinse with water after meals and snacks.
- Buy 1%, 1/2%, or skim milk after the second birthday.
- Offer water when your child is thirsty.

Try some of these tips. Make some rules and stick with them.
Portion sizes may vary with tummy size!
Serve your toddler this much to start:

<table>
<thead>
<tr>
<th>Food</th>
<th>Daily Servings</th>
<th>Serving Sizes</th>
</tr>
</thead>
</table>
| Bread, Dry Cereal, Cereal, Rice, and Pasta | 3              | 1 slice
|                                       |                | 1 cup ready-to-eat-flakes
|                                       |                | 1/2 cup
|                                       |                | Use more whole grain products.                    |
| Fruit                                 | 2              | 1/2 cup cooked; 1 cup fresh
|                                       |                | 4 ounces 100% juice                               |
| Vegetables                            | 2              | 1/2 cup cooked; 1 cup fresh
|                                       |                | 4 ounces 100% juice                               |
| Meat, Poultry, Fish, Dried Beans, Eggs| 2              | 1 ounce
|                                       |                | ¼ cup cooked beans                                 |
|                                       |                | 1 egg                                              |
| Milk, Yogurt, and Cheese              | 4              | 4 ounces or 3/4 ounce cheese                       |

Toddlers can continue to breastfeed! Wait until your toddler is four years old to give nuts, popcorn and sticky foods.

My Breakfast Plate

This institution is an equal opportunity provider.

05/2018

3952.23